



Called 2016

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Sebastian Cox

Sebastian regularly prosecutes and defends in the Crown Court and has a wealth of experience, having appeared in the Magistrates' and Youth Courts across the country.

Sebastian has been praised for his attention to detail, commitment and approachability with clients. He is skilled in specialist youth advocacy, particularly involving young people and vulnerable adults suffering with mental health difficulties and autism spectrum disorder. Sebastian always seeks to reassure and fearlessly defend clients of all ages and walks of life, including those who may have never stepped foot in the often-intimidating criminal courts before.

Criminal Defence

R v G – Led junior in a complex case of perverting the course of justice by way of forged/fraudulent court orders in the civil courts.

R v P – NHS health care assistant accused by nursing staff of assaulting a vulnerable dementia patient whilst working on the ward. Acquitted at half-time.

R v E – Conspiracy to burgle/handling stolen goods – Young defendant accused of being involved in a spate of over 30 burglaries in which over £20,000 worth of items stolen. Acquitted after trial.

R v PA – Housing disrepair/Health & Safety prosecution involving a company accused of serious mold and disrepair issues across a portfolio of residential properties in Wales; Case involved complex legal issues concerning HMO property standards and issues of 'reasonable excuse' during the unprecedented Covid-19 pandemic.

R v T – Represented a highly vulnerable autistic 15-year-old child who was charged with several assaults allegedly occurring whilst sectioned. After vigorous representations on behalf of the client, the prosecution was discontinued on the day of trial on public interest grounds.

Criminal Prosecution

R v D – PWITS Class A drugs case in which defendant was convicted as a third-striker.



R v G – GBH/Wounding with intent case involving a male struck to the head from behind with a baseball bat.

R v K – Possession of a firearm & ammunition with intent to endanger life – handgun and live firing ammunition obtained by defendant, seized by police whilst D on the way to take it a confrontation.

Professional Memberships

Criminal Bar Association

Sebastian sits on the Young Bar Sub-Committee of the CBA

Young Fraud Lawyers' Association

Inner Temple

Grade 2 CPS Counsel

NMC External Counsel

Awards, Qualifications & Other

Advocacy and the Vulnerable Training, Inner Temple (October 2019)

Youth Justice Legal Centre – Youth Justice Advocacy Training (March 2019)

Bar Professional Training Course, BPP University – Very Competent

Law with Politics (LLB Hons), University of Sussex – Upper Second-Class Honours